

News Briefs

Cong. Foley to discuss efforts to reduce deficit
U.S. Representative Mark Foley will hold a public forum this weekend to discuss efforts to balance the federal budget and reduce the deficit.

Attendees will have an opportunity to share their thoughts and ideas on how to save taxpayers' money. The meeting will be held Saturday, June 22, at 10 a.m. at Belle Glade City Hall, 110 S.W. Avenue E, Belle Glade.

Individuals seeking more information or directions may call Congressman Foley's office at 627-6192.

PBCC summer term registration under way
Registration for summer term B at Palm Beach Community College is currently under way. Summer term B registration ends June 24 and classes begin June 25. For more information, you may call PBCC Glades Campus at 992-3055.

Commission meeting cancelled for Belle Glade
The regularly scheduled June 24 Belle Glade Commission meeting has been cancelled.

City Clerk Debbie Buff said a lack of a quorum has necessitated the cancellation. The commission will hold their next meeting on July 8 at 8 p.m.

AA meets on Sundays
The New Hope Group, a new Alcoholics Anonymous meeting, will be held each Sunday at 7 p.m. at the New Hope Family Center, 7450 State Road 15, U.S. 441, Pahokee. Open discussion is encouraged and refreshments will be served. Everyone is welcome to attend.

For information and/or transportation, call Milagros at 942-7947, or Harry at 305-567-9125.

Support group offered
The Alzheimer's Association is looking to start a Support Group for caregivers of dementia victims. If you have any input on the place this meeting should be held in your area, please contact Jackie Osborne at 924-7283 from 8 a.m. until 5 p.m.

You can help
Reynolds Recycling and the Boys & Girls Clubs of Palm Beach County wants your aluminum cans. The two organizations have launched an aluminum can recycling drive which is taking place now through June 30. All funds raised will benefit the Boys & Girls Clubs of Palm Beach County.

In Belle Glade, Reynolds Recycling is located at the corner of 9th Street and North Canal Street. Hours are Tuesday - Friday, 9 a.m. to 4:30 p.m. and Saturday from 8 a.m. to 3:30 p.m. Make sure to inform the Reynolds employee that you would like the money donated to the Palm Beach County Boys & Girls Clubs.

South Bay Market robbed; clerk attacked

By Buffle Chapman

Staff Writer

On Friday, June 14, at approximately 10 a.m., the South Bay Market was robbed and the clerk, Nasser Yaghnan struggled with the assailant in efforts to stay alive.

Yaghnan, 22, was working at the family business located at 105 N.W. Ave. 10th, South Bay, when a black male came into the store with a handgun and attacked him.

The man had the handgun aimed at Yaghnan's face, but Yaghnan said he grabbed the suspect's wrist and re-directed the gun. As the suspect shot, a customer was yelling "No, don't kill him, don't kill him" and then the bystander ran out of the market.

Yaghnan says there was an approximate 15 minute struggle between him and the assailant, and during this time the robber

fired the gun two more times. Yaghnan said he rushed the robber, bringing him to the floor, as the assailant fired the gun a fourth time. Yaghnan then dragged the robber around the counter in efforts to push the store's silent alarm.

After pushing the alarm Yaghnan, bleeding from a gash on his head, locked himself in a cooler waiting for police to arrive, while the robber raided the cash register.

Yaghnan was treated and released from Glades General Hospital, Belle Glade, for the wound on his head.

The Palm Beach County Sheriff's Office is looking for suspect Lennard Bent, 21. Judge Mike Miller signed a warrant for Bent's arrest on three counts—attempted first degree murder, strong arm robbery, and aggravated battery. Bent is still at large.

Trial is Monday for two men accused of shooting Pizza Express owner

Two men accused in the robbery and shooting of two people at Pizza Express last November are set to go to trial on Monday, June 24.

Antonio Leon Perkins, 17, and Alvin Lewis Green, 18, are charged in the shooting of Pizza Express owner Tom Wheeler and employee Emma Ramirez. The trial will begin at 1:30 p.m. in the Palm Beach County Courthouse in room 1F.

Both men are charged with two counts of attempted murder and

robbery after allegedly having shot Mr. Wheeler in the chest and Miss Ramirez in the neck during a Nov. 4 robbery at the take-out business on Canal Street.

Mr. Wheeler was in critical condition for several months following the shooting and lost his spleen and one kidney. Medical expenses and ill health forced him to put the business up for sale. Mr. Wheeler's wife, Jonnie, said she hopes as many people as possible can attend the trial to support her husband.

The City of Pahokee's 'Pelican River Project' receives an \$8,800 grant

By Buffle Chapman

Staff Writer

The bridge crossed over when coming into the City of Pahokee from Belle Glade has an added bonus, the body of water below the bridge is the Pelican River - or what's left of it.

The City of Pahokee has received an \$8,800 grant to map the river, and to examine the prospects to see what the feasibility of the 'Pelican River Project' could be.

Established in Jan. 1995 with ideas to enhance Pahokee,

the 'Charrette' - made up of citizens, and local/county officials was formed in an effort to formulate a master plan for the city.

In 1995, there was research done on a set of old maps of Pahokee, found by Charrette members, discovering where the Pelican River used to be. From there, the Charrette established an idea to make the Pelican River into a tourist attraction, or something for the local citizens to do.

(Continued on page 12)



POCAHONTAS IN VIVID COLORS...Fidelia Perez, a sophomore at Glades Central and a member of the school's After School Art Club, works on a life-size painting at the Palm Beach County Health Department. The club, under the direction of Linda Gray, has been working to beautify the hallways at the health department. Twelve senior-high students are putting in about 5 hours daily to brighten up the facility.

SUNPHOTO by Brenda Bunting

Pahokee receives \$235,000 grant; 'Olde Town Hall' to be declared an Historical Monument

By Buffle Chapman

Staff Writer

SAVE OUR SCHOOL has been big talk in the City of Pahokee for the past year, and recently Pahokee received a big grant to do just that.

The City of Pahokee found out last week that legislature had finished, the Governor signed the bill, and they had received a \$235,000 grant to save 'Olde Town Hall'.

In 1995, the City of Pahokee applied to the Department of State, Division of Historical Resources of Tallahassee for a \$250,000 Special Category grant, although the city only received \$235,000 for 1996.

Last year, in Sept. 1995, the Department of State's 12 member board approved putting 'Olde Town Hall' on the grant list before legislature went into session. The city didn't know until Oct. 1995 the Historical Department extended the funds which kept 'Olde Town Hall' on the grant list and in the running for funds.

"This is a competitive program. Everyone in the State of Florida submits an application on their projects and a 12 member board sorts through,

evaluates, and ranks the applications. The board then submits their package to the legislature, as a bill, for funding. The legislature then votes on the individual projects and passes them to the Governor for final approval," explained Pahokee City Manager Ken Schenck.

Fortunately, Governor Chiles signed the bill to approve funding this year.

"We were ranked out of the money this year but the Division of Historical Resources extended the funds - extending them far enough to get us into the program," said Schenck.

"I received the formal notice we will be receiving the grant offer of \$235,000 on June 17," added Schenck.

The City of Pahokee has

Belle Glade Ministerial Association calls for boycott of video stores

By Brenda Bunting

Editor

A boycott of local video stores has been called by the Belle Glade Ministerial Association. The association is lobbying to get the stores to stop selling pornographic materials.

Craig Hartzog, president of the association, says each of the four video store owners in town have been asked twice to stop selling X-rated movies, but none have complied.

Only one of the four video store owners offered to stop selling the tapes and only if the other stores stop also.

Pastor Hartzog, who is the minister at the First Baptist Church in Belle Glade, said the association contacted not only the video store owners, but also merchants such as grocers, convenient store owners, and gas stations, requesting they drop the pornography from their selection of tapes.

One video store owner did comply, says Pastor Hartzog, but after two weeks resumed selling the tapes after resuming from one "prominent" customer.

"The community refuses to do business with merchants

already filed another application with the Department of State, Division of Historical Resources, again for \$250,000, for 1997.

"The project will probably take us about three years to get close to completion," said Schenck.

In the application stipulations the City of Pahokee had to match the grant with \$50,000, which they fulfilled. The city used the buildings they have re-done; volunteer work, including general clean-up; some structural evaluations; some planning studies; and a variety of other things, completed by the city, that went into the \$50,000 match.

(Continued on page 12)



BOYS & GIRLS CLUB, SOUTH BAY, CLEAN UP THE STREETS... Pictured above, from left to right, are leaders Charles Dowers and Tyrone Arnett, and members, not in order, are: Kenzie Brown, Charitavis Davis, Ernestine Johnson, Wilhelmina Thompson, Jeremy Sparkman, Malcom Mottley, Tawana Thompson, Edwin Haynes, Pervis Simmons, and Devon Campbell. Members of the Boys & Girls Club took time out of their Saturday to pick up trash on the street leading to their school, Rosewood Elementary on June 15. The Boys & Girls Club are planning to meet with Mayor Clarence Anthony to see what it will take to adopt a highway, dedicating it to the South Bay Boys & Girls Club.

Healthfirst

By Paula Steward, R.N.

A Dozen Do's & Don'ts

(Continued from last week)

Hopefully, since last week you have tried to implement some of the suggestions for eating healthier that I shared with you. The approach of this study conducted in the newsletter, *Nutrition Action*, is for all Americans to move toward a "plant-based diet." For most people telling them to "get less than 30 percent of your calories from fat, less than 10 percent of them saturated, no more than 2,400 milligrams of sodium a day, blah, blah, blah..." is rather ridiculous. People eat food, not numbers.

Rule #7 - Do go for whole grains. Whole grains are more nutritious than refined grains, and they're more closely linked to a lower risk of colon cancer. The easiest way to eat them, is to first buy whole wheat breads and crackers. (Rye, pumpernickel, and oatmeal breads are mostly whole.) Second, switch to whole grain breakfast cereals, at least most of the time. Also you can try whole wheat pasta and tortillas, brown rice, bulgur, buckwheat (kasha), and millet, but the basics remain breads and cereals.

Rule #8 - If you eat butter or margarine, DO buy only light tubs or sprays. Butter is the worst. It's loaded with saturated fat. Margarine - especially in sticks - is nearly as bad. It's got saturated plus trans fat. The solution is to use spray "butter" for baking and spray frying; and for flavor, "Butter



Buds" is a shake-on powder that can also be liquefied with very few calories involved.

Rule #9 - To cut down on sodium (salt), don't lean so heavily on prepared foods. More than 75 percent of the sodium we eat comes from processed foods. Okay, so you are busy and you can't prepare everything from scratch. But some things are easy. Become a label reader and check out the amount of sodium in a can of chicken noodle soup - it will make your hair curl (if it's not already curly!).

Rule #10 - Don't overload on sweets. Sugar doesn't just cause tooth decay. With a few exceptions, it also comes in foods that drag down a good diet. By far, Americans get more sugar from soft drinks than from any other food. They account for a quarter of all the refined sweeteners we consume. And every 12-ounce Coke, Pepsi, or whatever, is 160 calories of nothing. No vitamins, minerals, fiber, or phytochemicals. You just squandered an opportunity to chalk up one terrific serving of fruit with a glass of orange

juice, or to boost your calcium with a glass of skim or 1% fat milk.

Rule #11 - If you drink alcoholic beverages, don't overdo it. If you drink, keep it to no more than one a day for women, or two a day for men. Women who drink have to balance an increased risk of breast cancer against a decreased risk of heart disease. In one study, women who drank one to three times a week had the lowest overall death rate. But, how much - or whether - you drink should also depend on your other risk factors for heart disease, breast cancer, and alcohol abuse.

Rule #12 - Do take a multi-vitamin and mineral and maybe more. Vitamins can't fix a broken diet, but they make a good diet better, especially if - like most women and older people - you simply don't eat much food. Go for an ordinary multi-vitamin with 100 percent of the USRDA (or Daily Value) for most vitamins and minerals, especially folic acid and vitamin D. Most of us don't get all the vitamins we should simply because we don't eat the right foods to obtain those vitamins. Vitamins are not a cure-all, however, and they will not give you a big jolt or boost of energy just because you choose to swallow a handful every day. One pill a day should do the trick.

I hope some of these hints will help you towards more healthful eating. Until next time, stay informed and stay healthy.

New project to improve building structure against natural hazards

By Mike Lyons

Sometimes a big surprise can be found in a small package. Take Southern Shores, North Carolina, for example.

Southern Shores is a little town located on the Outer Banks of North Carolina. Sixteen hundred residents call the community their home.

Yet, this tiny town is about to change the way we build homes along the east coast of the United States. Southern Shores may be responsible for saving lives and reducing property damage from future hurricanes.

All because the town's engineer and manager wanted to make the homes in Southern Shores more hurricane resistant.

"The town manager suggested to me that we should work on a program to improve residential construction in Southern Shores," said Ralph Calfee, Southern Shores town engineer.

That was back in 1994 - shortly after a series of hurricanes had brushed by the Outer Banks. Southern Shores and other Outer Bank communities are particularly vulnerable to the winds and waves of tropical systems.

Calfee was chosen to come up with a way to make the homes of Southern Shores stronger-to make the houses stand up to the winds and waves of a hurricane. "We talked to state agencies, we



talked to federal agencies and received a great deal of encouragement," said Calfee.

The agencies liked Calfee's ideas so much they suggested he expand the program nationally. Earlier this year, Project Blue Sky, grew from a small program for Southern Shores to a giant endeavor for the east coast of the country.

"Blue Sky is a national voluntary program to improve the natural hazard resistance of residential structures, single family homes and duplexes," said Calfee. Things the "natural hazards" program will address are wind, flood and fire. Earthquake mitigation may be added later.

Calfee is setting up a series of workshops around the country to show people how to make their homes stronger. "What we are doing is developing a program to evaluate existing structures," he said. "Then, determining what the structures need in terms of retrofit, strengthening and reinforcing."

All of that sounds very expensive, yet, Project Blue Sky will offer incentives to get people involved in the program.

"We're working on the local level for incentives like reduced building permit fees and reduced property taxes." Eventually, Project Blue Sky could lead to reduced insurance premiums. Although, Calfee says that may be a few years away. "The first thing that will happen is that we think we will improve the availability of insurance," said Calfee.

Better built homes and lower insurance costs are the two primary goals of Project Blue Sky. Ralph Calfee believes those goals can be attained. He believes that every home in the US can be made more resistant to natural hazards.

You may have noticed the name for this ambitious project, Project Blue Sky is a bit unusual. Calfee said it came from a comment he made to the town manager when the two were discussing the scope of a national project.

"We're talking about our little town running this giant program when I said that maybe this whole thing is so much blue sky. Well, the name stuck," Calfee said. It's a name that many of us may never forget.

Mike Lyons is the weatherman for WPBF, Channel 25.

Red Cross CPR class for parents and children

The Palm Beach County Chapter of the American Red Cross, West County Service Center in Belle Glade will be offering a summertime special to parents and their children to learn adult, infant & child CPR.

Each child attending must

have at least one parent attending the class with them. The cost of the class is \$5 per participant, and those who pass will receive a certification card valid for one year. Each child and adult must be able to pass a written and practical test in order to receive certification.

The child taking the class should be at least nine years old.

The class will be held on Saturday, June 22, from 8 a.m. to 1 p.m. at the Red Cross in Belle Glade. Please pre-register by June 21 by calling the Director, Scottie Smith, at 407-992-9703.

This is a great way to spend a summer day with your children and learn how to save a life at the same time!



"Room temperature" is 68 degrees F. The equivalent temperature in degrees Celsius is 20.



The first documented baseball game played that used the modern rules and field layout developed by Alexander Cartwright was played in Hoboken, New Jersey, in 1846.

Hold fast the time! Guard it, watch over it, every hour, every minute! Unregarded it slips away like a lizard, smooth, slippery, featureless, a pixy wife. Hold every moment sacred. Give each clarity and meaning, each the weight of thine awareness, each its true and due fulfillment.

—Thomas Mann

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I, Dr. George Haber, regret to notify my patients that I will be leaving and terminating my practice in July of 1996. I encourage my patients to obtain a copy of their medical charts and discuss any matters they wish including referral to another physician.

I have enjoyed the relationship and I wish to thank you for the opportunity of serving you.

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New Treatment Options Provide Hope For Millions!

Panic and anxiety disorders are the nation's most common mental health problem, affecting more than 28 million Americans a year. Symptoms might include racing heartbeat, dizziness, unreasonable fears, excessive worrying, difficulty breathing, sweating and feeling constantly tense.

To people who are suffering from anxiety and panic disorders, anxiety becomes a powerful dictator in their everyday lives and can make it difficult to work or participate in activities that were once enjoyable. It can make people act irrationally and make living a normal life virtually impossible. At the State University of New York at Albany, which is the largest research center in the world on anxiety disorders, Dr. David Barlow has spent ten years developing a successful treatment program. Dr. Barlow's clinical research demonstrates that 80 to 90 percent of the people

who consistently apply themselves to the program become panic free and maintain those results for up to 24 months (the length of time for which there is research data).

Columbia Anxiety and Panic Treatment Centers are now offering Dr. Barlow's program right here in the western community. All of the cognitive behavioral therapists have been extensively trained to administer Dr. Barlow's program by following strict protocols and procedures. By adhering to these training guidelines, the clinicians are able to achieve the same 80 to 90 percent success rate demonstrated by Dr. Barlow's program.

If you or a loved one suffers from any of these symptoms, please call the Columbia Anxiety & Panic Treatment Center today to arrange an evaluation.

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OPINION PAGE



Feel strongly about local issues?

THE SUN

INVITES YOU TO SPEAK OUT!

996-6636

To voice your opinion on any subject, call *Speak Out* at 996-6636, 24 hours a day. Readers can use this special number to pose questions, voice complaints, express opinions or put somebody on the back. Unlike letters to the editor, *Speak Out* is designed for anonymous expression of opinions. We edit calls for clarity, brevity, relevance and fairness.

Letter to the Editor

Dear Editor:

Boating on our area's lakes, rivers, and oceans is one of our favorite forms of activity. There's nothing quite like a relaxing day on the water with friends.

Your friends and neighbors at Bernie Little Distributors, Belle Glade's distributor of Anheuser-Busch beers, want everyone to remember that driving a boat is a privilege and a responsibility, just as important as driving a car.

As the summer boating season gets under way, make sure that every trip on your boat is safe and enjoyable. Here are a few things you can do:

- Brush up on boating safety. Stop by your local library or take a boating course (call Boat/U.S. Foundation at 1-800-336-BOAT for information).
- Check your safety equipment and make sure

it all works - such as life jackets for all passengers, fire extinguishers, and navigation lights. The U.S. Coast Guard and USCG Auxiliary are excellent resources.

- But most importantly, stay in control. If you plan to enjoy beer or other alcohol beverages, remember to choose a "designated skipper" and "Know When to Say When." Using a designated skipper on the water is becoming as popular as designated drivers on the road. According to a 1995 Roper Poll, 73 million Americans have used or volunteered to be a designated driver.

Let's all work to make our summer enjoyable by remembering our individual responsibilities and respecting the rules for boating safety.

Sincerely,

Frank Dardis
Marketing Director

Savor summer's flavor all year-round

Sarah Purcell
American Institute for Cancer Research

Remember how in January you dreamed of July's strawberry shortcake and August's corn on the cob? Summer is prime time for most fruits and vegetables, offering garden-fresh produce with the best color, texture, flavor and nutrition. You don't have to give up summer's abundance at the end of the season, however, if you take action during the height of the harvest.

Freezing fresh fruits and vegetables offers a safe and economical way to keep summer's variety and freshness around all year. Home freezing also allows you to control the salt, sugar and fat content of food and package it in sizes that make sense for your family.

While almost any fruit or vegetable can be frozen for later use, you'll have the most success with vegetables that are served cooked. Equally important is to choose produce at the height of ripeness and to wash it thoroughly. Avoid peeling and chopping produce more than necessary, as exposure to oxygen can cause fruits and vegetables to lose nutrients.

Raw vegetables should be briefly steamed, then submerged in cold water ("blanched") before freezing. This step will deactivate the enzymes that assist in the ripening process and will help vegetables retain nutrients and color. Seal them immediately afterward in airtight containers or plastic zipper bags and freeze. Vegetables used to season soups and stews, such as onions and green peppers, do not have to be blanched before freezing.

Fruit can be frozen without any preparation beyond washing, cutting and sealing in airtight containers. Since the texture will be soft upon

thawing, however, it is better to use this method for fruit that will eventually be cooked. Juicy fruits like peaches and other pie fruits can also be covered with fruit juice and sealed in an airtight container to retain the most flavor and texture.

To make frozen produce even more convenient, place fruits and blanched vegetables on a cookie sheet and allow pieces to freeze without touching. Once frozen, transfer to airtight containers. This step will allow you to use them later in smaller amounts without thawing the entire container. Drop handfuls of frozen broccoli, peas, etc into a bowl of low-fat, low-sodium canned soup and heat to boost nutrients and fiber. Puree some frozen raspberries for a fresh, delicious dessert sauce packed with vitamin C.

Avoid losing nutrients and crispness when cooking previously frozen vegetables by steaming them briefly over the stove or in the microwave with a minimal amount of added water. While freezing can extend the life of fresh fruits and vegetables long beyond their normal shelf lives, it does not mean they can be left in your freezer forever. Put a date on all containers to serve as a reminder of how long the food has been frozen. Vegetables can remain in the freezer for between 8 and 10 months, while fruits are best eaten between 6 and 12 months after freezing for optimum quality.

For a free brochure on how to increase your consumption of fruits, vegetables and whole grains as part of the diet recommended by the American Institute for Cancer Research, send a stamped (55 cents postage), self-addressed #10 envelope to the American Institute for Cancer Research, Dept. AP, Washington, DC 200069.



ATTENTION! LADIES WEAR... I NEED A PRICE CHECK ON A 28 A GIRLS BRA?



SUMMER SWIMSUIT SALE

Simple steps to a healthier barbecue

From the American Institute for Cancer Research

The backyard barbecue seems like the perfect summer cooking solution, requiring little preparation, minimal clean-up and no dining room formality. But in recent years, outdoor cooking has been seen by some as more harmful than helpful because of its traditionally high-fat menu and the potential for increased cancer risk from grilled foods.

Does that mean the family barbecue should be a thing of the past? Not necessarily. A little awareness of where the risks are, along with choosing a smarter, healthier menu, can make that backyard cookout a safe and enjoyable part of summer.

The health risk in barbecuing is actually quite small. Studies which linked higher cancer risk to grilled foods was primarily conducted in parts of the world where the risks are, along with choosing a smarter, healthier menu, can make that backyard cookout a safe and enjoyable part of summer.

The first step is to avoid cooking fatty foods, not just because too much fat isn't good for anyone's diet, but also because the smoke that forms when the fat drips onto the hot coals or barbecue rocks is one source of the potential carcinogens that can increase cancer risk.

Another potential risk factor in grilling is the charring that can occur when foods, particularly meats, are cooked over too hot a fire or when flare-ups char the food. You can minimize this risk by avoiding flare-ups, reducing the heat in your grill or moving the food to a cooler part of the grill, use tongs or a spatula to turn foods, rather than a fork which will pierce the meat and allow juices and fat to drip and cause flare-ups.

You can also minimize these cooking problems by pre-cooking foods to reduce time on the grill. Microwave meat, poultry or fish to partially cook it, then finish cooking on the grill for barbecue flavor and aroma.

One of the easiest ways to make your grilling healthier is to select different types of foods for the barbecue. There are plenty of choices besides hot dogs, hamburgers, steaks and ribs.

Poultry is a natural on the grill, and most types of firm-fleshed fish barbecue extremely well. Pork tenderloin and lean cuts of beef also work well, especially when marinated first for extra flavor and moisture.

Marinades are easy to prepare. Start with a low-fat base such as flavored vinegar, fruit juices, wine or yogurt. Then add a variety of flavorful fat-free seasonings to heighten taste - onions, mustard, honey, oregano, ginger or pepper.

A great oriental-style marinade for beef can be made from soy sauce, garlic, ginger and rice vinegar. Chicken can go south-of-the-border, when marinated in lime juice, garlic and cilantro. Fish takes on a sweet, spicy flavor, when marinated with orange juice, garlic and ginger.

Just remember that marinades also require their own safety precautions. When grilling foods, baste with sweetened marinades only toward the end of the grilling process to avoid flame-ups and charring.

Foods should also be refrigerated during the marinating process, which is often an hour or more, to avoid the formation of harmful bacteria. Bacteria are also the reason why a marinade that was used to flavor raw food should not be used as a sauce for the cooked food. Either make up some extra marinade to serve just as a sauce, or else heat to a boil the marinade that was used with the raw food.

Don't forget about grilled fruits and vegetables as a tasty alternative to barbecued meat. Not only are they simple to prepare but they are low in fat, contain dietary fiber and are rich in cancer-fighting phytochemicals. Parboil vegetables in slices no thicker than 1 1/2 inches and place them in foil to preserve moisture and flavor. Try wrapping sliced cherry tomatoes, diced eggplant, zucchini and chopped onion in a foil packet with a splash of balsamic vinegar, garlic and basil for a delicious grilled ratatouille.

For a free brochure of tips on ways to cut back fat and eat more grains, fruits and vegetables, send a stamped (32-cent postage) self-addressed envelope to the American Institute for Cancer Research, Dept. TT, Washington, DC 20069.

THE SUN

417 N.W. 16th Street • Suite 6
Belle Glade, FL 33430 • (407) 996-4404

A PLEDGE TO OUR READERS

We pledge...

- ✓ To operate this newspaper as a public trust.
- ✓ To help our community become a better place to live and work, through our dedication to conscientious journalism.
- ✓ To provide the information citizens need to make their own decisions about public issues.
- ✓ To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- ✓ To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- ✓ To correct our errors, and to give each correction the prominence it deserves.
- ✓ To provide a right to reply to those about whom we write.
- ✓ To treat people with courtesy, respect and compassion.

PUBLISHER'S NOTICE - All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preferences, limitations or discrimination.

We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

"ERRORS" The liability of the publisher on account of errors in omissions from any advertisement will in no way exceed the amount of the charge for the space occupied by the item in error, and then only for the first incorrect insertion.

ACTIVE MEMBER

FLORIDA ASSOCIATION

Teachers can get money from Florida Farm Bureau

Florida Farm Bureau Foundation is offering elementary and middle school teachers up to \$250 each to help them incorporate agriculture into their classroom instruction during the 1996-97 school year. The FFBB Mini-Grant program will support instructional activities in grades 4-8.

"This is the second year we have offered the grants," said FFBB President Carl B. Loop, Jr. "During the 1995-96 school year, we awarded 20 Mini-Grants. We were impressed with the variety of instructional

activities that were developed and the creativity demonstrated by the teachers." Mr. Loop said FFBB would provide a total of up to \$7,000 through the 1996-97 Mini-Grant program.

All Florida teachers in grades 4-8 are invited to apply for Mini-grant awards. Judges will give favorable attention to interdisciplinary approaches and to proposals which require extensive student participation. Proposals should provide some measure to assess the effectiveness of the grant-supported activities. Recipients will be required to file a final report by the end of the 1996-97 academic year.


Teachers in all disciplines are invited to apply. Applications must be received by Oct. 1, 1996. Winning proposers will be notified of their awards by Oct. 15.

To obtain an application form, contact the Florida Farm Bureau Field Services Division, P.O. Box 147030, Gainesville, FL 32614-7030, or phone 378-8100, Ext. 1030, or FAX 352/374-1501.

About letters

To voice your opinion about Glade's issues, or to respond favorably or unfavorably to articles printed in the paper, we encourage you to write us a letter. Send to:

THE SUN
417 N.W. 16th Street #6, Belle Glade, FL 33430





SCHOLARSHIP WINNERS... Glades Alumnae Chapter of Delta Sigma Theta Sorority, Inc. awarded scholarship to six Glades area women. Shown, front row, from left, is DST Scholarship Chair Carheda T. Mann, scholarship recipients Zameisha Browning, Tamera Lawson and DST President Mary L. Rainey. Back row, from left, are Natasha Jasper, Earnestine McCallister and Dahlia Forde. Not pictured is scholarship recipient Ella Youte.

Delta Sigma Theta awards \$4,000 in college scholarships

Glades Alumnae Chapter of Delta Sigma Theta Sorority, Inc. has awarded scholarships totaling \$4,000 to six 1996 graduates. The recipients are recent graduates of Glades Central Community High School, Pahokee Middle/Senior High School and the School of Choice. GCH Valedictorian Dahlia Forde and PHS honor graduate Earnestine McCallister will receive awards of \$1,000 each. Selected for additional awards of \$500 each are GCH honor

graduates Zameisha Browning and Ella Youte, PHS graduate Tamera Lawson, and School of Choice graduate Natasha Jasper.

The Delta Sigma Theta scholarship program seeks to provide support and encouragement for area young women who pursue college education after graduating from high school. This year, Glades Alumnae Chapter has increased its total awards in recognition of the need for greater assistance to area

young who choose higher education. "We must do all we can to help our children succeed," says Chapter President Mary L. Rainey. "We appreciate the community's support of our various projects. The success we had with fund raising projects like our annual Jabberwock enabled us to give more support to graduates."

Since its inception in 1977, Glades Alumnae Chapter of Delta Sigma Theta has awarded more than \$40,000 in college scholarships to area grad-

July 12 last day farmers can qualify for new Ag market Transition payments

The Federal Agriculture Improvement and Reform Act (FAIR) of 1996, signed by President Clinton on April 4, provides for the Agricultural Market Transition Act (AMTA) Program. AMTA replaces the Acreage Reduction Program (ARP) in previous years.

Crops eligible for participation are wheat, oats, corn, grain sorghum, barley, upland cotton, and rice. Eligible contract acreage will be calculated for each using the same formula that would have been used to calculate a 1996 Crop Acreage Base (CAB) for the crop instead of calculating crop acreage bases. Crops planted and reported to this agency for wheat, oats, corn, grain sorghum and barley for years 1991-1995, and for rice and upland cotton, 1993-1995, are used in the calculation of contract acres. To determine if your farm has a CAB, please contact the Palm Beach County Farm Service Agency in Belle Glade at 996-7900. Producers and landowners are both eligible for payment with approved division of payments.

The payment acres for a crop is 65 percent of the contract acreage for each enrolled crop. Checks will be issued for participating producers by crop and by farm. A 50 percent advance payment will be made in 1996 no later than 30 days after the contract is approved; in 1997 through 2002, at the option of the producer on December 15 or January 15 of the fiscal year. All final payments will be made by the end of each fiscal year which ends September 30.

Producers will have only one opportunity to enroll a farm in the Production Flexibility Contract (PFC). Producers who miss this one-time sign-up will not be eligible to enroll the farm at a later date. Sign-up began May 20 and will end July 12, 1996. This is a seven-year binding contract for the farm that begins in 1996 and ends in 2002.

All landowners and producers of eligible crops are encouraged to visit the Farm Service Agency Office at 2976 SR 15, Belle Glade for additional details and to sign up.

Okeechobee Waterway Lock to be closed for maintenance

The U.S. Army Corps of Engineers has recently sent out notices of the Okeechobee Waterway Lock Closure scheduled through June 28.

through June 28.

Mr. Milam said he knows the impact the waterway closer has on the waterway customers and the businesses that rely on the waterway for income, however these repairs are necessary at each of the five Oke-

chobee Waterway locks every 10 to 12 years so the Corps can continue to provide reliable and safe lock operations for the waterway.

For more information contact Mr. Milam at 941-983-8101.

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Pahokee Police Dept. Arrest Blotter

The Pahokee Police Department made 26 arrests the week of June 9-15. Those arrested included:

June 9 - Willie Fleming, 39, Pahokee, open container, possession of marijuana and possession of cocaine; **Henry Ware, 18,** Pahokee, burglary and possession of burglary tools; **Terrence Johnson, 20,** Pahokee, burglary and possession of burglary tools; **Juvenile, 17,** Pahokee, obstructing justice, resisting arrest and criminal mischief.

June 10 - Lee Watts, 21, Pahokee, open container, warrant for failure to appear in court; **Leonard Jones, 34,**

Pahokee, open container; **Ernest Jackson, 43,** Pahokee, gambling with dice and open container.

June 12 - Anilus Wells, 20, Pahokee, open container; **Tyrene Jones, 24,** Pahokee, open container; **Cory Ferguson, 26,** Pahokee, trespassing after warning, open container; **Eric Cane, 44,** Pahokee, open container.

June 13 - Eddie McBride, 25, Belle Glade, domestic battery; **Richard Perry, 52,** Pahokee, open container; **Lonnie Powell, 36,** Pahokee, open container; **Arlie Lee, 33,** Pahokee, open container;

Freenard Freeman, 26, Pahokee, opposing and obstructing justice; **David Miller, 24,** Pahokee, open container; **Le Le McCauley, 26,** Pahokee, open container; **Alvaugh Johnson, 32,** Pahokee, aggravated domestic assault and throwing a deadly missile.

June 14 - Juvenile, 16, Pahokee, grand theft auto, escape and possession of stolen property; **Carolyn Graddick, 26,** Pahokee, open container.

June 15 - Elliott Boone Jr., 39, Pahokee, trespassing after warning; **Coel Epps, 57,** Pahokee, open container.

Belle Glade Police Department Arrest Blotter

The Belle Glade Police Department handled 728 complaints the week of June 10 - June 16 and handled 28 crime scenes. Those arrested included:

June 10 - Daniel Renado, domestic battery; **Omar Morin, 19,** three counts of lewd assault; **Melvin Grase, 27,** armed robbery, petty theft; **Juvenile, 14,** auto burglary.

June 11 - Crystal Watson, 20, felony criminal mischief.

June 12 - James Frederick, 19, opposing and obstructing by fleeing; **Latrie Allen, 31,** possession of marijuana under 20 grams, possession of marijuana with intent to sell; **Renford Davis, 32,** possession of marijuana over 20 grams, possession of marijuana with intent to sell; **Tequesta Hill, 28,** driving under the influence; **Leonard Howard, 44,** felony retail theft.

June 13 - Jerome Wilganski, 62, violation of probation; **Terry Walker, 38,** opposing by disguise; **Juvenile, 17,** strong arm robbery and petty theft; **Renford Davis, 32,** possession of marijuana over 20 grams and possession of marijuana with intent to sell; **Juvenile, 16,** possession of marijuana under 20 grams and resisting arrest without violence; **Terry Walker, 38,** violation of probation; **Kevin Dellop, 23,** possession of marijuana with intent to sell.

June 14 - Bernard Harper, 32, strong arm robbery and petty theft.

June 15 - Derrius Thomas, 19, possession of marijuana with intent to sell and possession of marijuana under 20 grams; **Juvenile, 13,** attempted burglary; **Kerry Evans, 24,** possession of marijuana with intent to sell and possession of marijuana.

June 16 - Kimberly Dile, 20, possession of alcohol by a minor; **Ricardo Diaz, 27,** stalking; **Ruclene Levine, 22,** aggravated domestic bat-

tery; **Juvenile, 17,** resisting arrest without violence; **Yoland Coulson, 22,** aggravated battery.

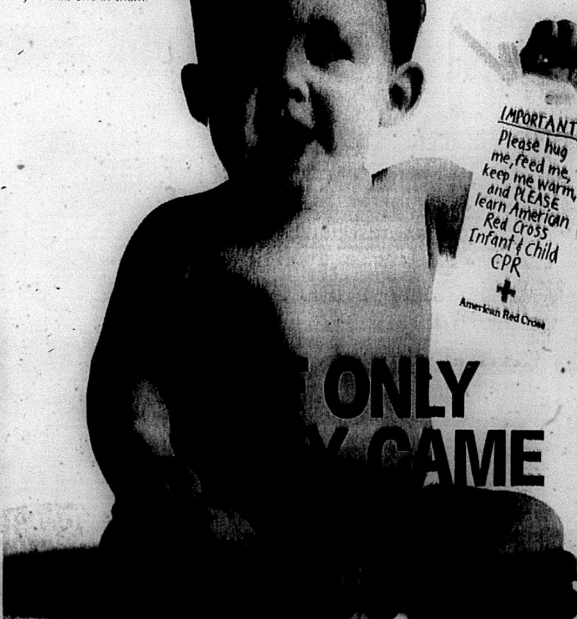
The police news in this newspaper lists arrests, not convictions, unless otherwise stated.

Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.

Happy July 4th

The Sun newspaper will be closed Thursday, July 4, in celebration of our Freedom and our Great Country!

Every year thousands of babies die of choking, suffocating or other breathing emergencies. Don't let yours be one of them.



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+ American Red Cross

American Red Cross assists fire victims

The Palm Beach County Chapter of the American Red Cross, West County Service Center in Belle Glade, assisted two families involved in a duplex fire.

The Red Cross responded to a fire at 1513 N.W. Ave. A Place in Belle Glade on June 6, 1996 at approximately 9:30 p.m.

The fire started in apartment A at the residence of Doreen Blue, which was shared by her 18-year-old son, a 16-year-old female and her three-month-old baby.

The Red Cross provided emergency shelter, food and then assisted the family in re-establishing into a new apartment.

The adjacent apartment was also affected by the fire. The apartment was occupied by Lorie & James Fowler and their four children.

The Red Cross also assisted this family with emergency shelter, food and then assisted them in moving into a new apartment.

All disaster services are free and are made possible by contributions of time and money from the American people. For more information, please contact Scottie Smith, Director, at the West County Service Center at 992-9703.

X-rated movies

Continued from Page 1

Laws. We also recognize our right of freedom of speech requesting the boycott of these businesses until they drop the pornography. The Belle Glade Ministerial Association is requesting that the citizens of Belle Glade boycott these businesses and take a stand for morality and decency in our community," said Pastor Hartzog.

The Sun was unable to contact the video store owners for their response to this story.

Public Notice

Public notice is hereby given that the Belle Glade City Commission will hold a workshop meeting Monday, June 24, 1996, beginning at 7 p.m., or as soon thereafter as possible, in the Belle Glade City Hall Municipal Complex, Belle Glade, Palm Beach County, FL, to consider the following item of business:

Discussion relative to the School Currency issue.
City of Belle Glade
Debra R. Buff
City Clerk



MEN ON THE SERIOUS SIDE CLUB... Pictured above are several members who were present at the gathering held June 15 in front of the Headstart Building, South Bay.

Men on the Serious Side Club held gathering

Men on the Serious Side club held a gathering in South Bay on June 15 by selling sandwiches, sodas, etc., and were asking passing cars for donations in an effort to raise money for scholarships. The group gives scholarships to area students from Glades Central Community High School and Pahokee Middle/Senior High School, and to area fire victims.

"We raise funds and give them back to the community," said Co-Chairman Tommie Woodfolk.

The Men on the Serious Side Club was founded by Otis Browning, Nelson Sparks, and Robert Jordan. Presently, there are approximately 16 members in the club. If you are interested or have questions, call President Otis Browning at 996-4310 or Public Relations person Willie Bryant at 407-753-8036.

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Graydon graduates from the University of South Florida

Dwight Ronnito Graydon of Pahokee, FL, graduated from University of South Florida (USF) in Tampa, FL, on May 4, 1996 with a Bachelor of Science degree from the College of Education.

He is the son of Ronnie and Mirtha (Batista) Graydon of Pahokee.

He is a graduate of Glades Day School, Class of 1990, in Belle Glade.

During his internship at Armwood High School in Tampa, he also was Assistant Coach for their school baseball team.



Dwight R. Graydon

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Coming Soon!

The Directory to the Glades Business Community

In August *The Sun* newspaper will be printing a booklet promoting Glades Businesses, from the smallest to the largest. The directory will be an informative guide for new and current residents in an 8 by 11 inch booklet format. The cost is only \$100 per business.

Call Penny Lester at 996-4404 if you would like to participate.

Fishing with B.A.S.S. Pro. Walt Reynolds

It was a nice week on Lake Okeechobee. Maybe a little warm, but not bad for June. At least the wind wasn't quite as strong, and the water cleaned up in some areas.

The bass have started to make their move to summer time patterns.

We caught a lot of open-water fish this week and it will get much better as the water clears.

We had Beth and Dennis Hoy from Elephant Butts, NM., as our guests this week.

The Hoyes own Chaparral Boat Co. and they manufacture the "Jig-a-Claw" plastic baits. They sure worked well on the lake, as Dennis and I caught



Walt Reynolds

over 90 fish up to 6 1/2 lb. by noon Friday. We were fishing Carolina Rigs and really had a great time.

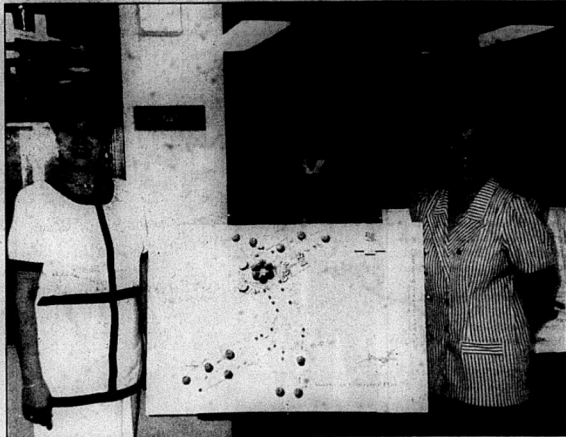
Dennis and Beth will travel

to Va. with us to fish the Forest Wood Open on Kerr Reservoir next week. Chet Douthit and Steve Daniel will also be there with us, so Lake Okeechobee will be well represented.

The Forest Wood Open, part of the FLW Tour, is the richest bass tournament ever presented. We will be fishing for \$100,000 First place, and a total purse of \$368,000. It is a Pro-Am event with 150 of the top fishermen in the country.

The next two weeks, I will have some good friends of mine doing the article for me, as I will be in Virginia.

To all a good bite,
Walt Reynolds
B.A.S.S. Touring Pro.



PAHOKEE TO BEGIN BEAUTIFICATION PROJECT SOON!... Pictured above from left to right are: First Community Bank employees Judy Kay Funderburk and Hilda Edmondson, standing with maps of Pahokee's Downtown Beautification Project plans that are displayed at First Community Bank, Pahokee.

Any questions
or comments?
Call **The Sun** at
(561) 996-4404

DeCastro to attend Duke University's T.I.P.

Karen DeCastro, 17, will be attending the Duke summer program this year. Karen will be a senior at Glades Day School this year. Her accomplishments include being a Varsity Cheerleader for two years; a member of the National Honor Society for three years; an UCA All-Star Cheerleader for two years; a member of the Gator Club for two years; Student Council Secretary for two years; a model for the annual American Red Cross Fashion Show for two years; and was Third runner-up in Belle Glade's annual Harvest Queen pageant.

Rising high school seniors from across the U.S. and abroad get a taste of college life this summer through a special program offered by TIP, the Duke University Talent Identification Program. TIP's PreCollege Program invites high school seniors to take regular undergraduate courses normally offered to Duke freshmen and sophomores during the Duke University Summer Session and study alongside Duke students.

The PreCollege Program is

designed for outstanding students ready to meet the challenges of studying at a selective university. Admission is based on academic ability, motivation, and leadership ability. Students enroll in two undergraduate courses in social sciences, natural science, mathematics, or humanities for six weeks. Courses are taught by Duke faculty and graduate students. PreCollege students earn Duke credit for the courses they complete and perform as well or better than Duke undergraduates in the summer courses.

In addition to academics, PreCollege students take part in a variety of extra-curricular activities including yearbook, student government, drama production, and intramural sports. PreCollege students enjoy the many cultural and recreational activities available at Duke and in the Durham area. Students also participate in seminars and workshops to address such topics as college writing, study abroad, and college and career choices. Equally important is the experience outside of class.

The PreCollege Program provides a supportive residential environment in which students can explore their interests and the many opportunities available on the Duke campus.

PreCollege students frequently participate in volunteer opportunities in the Durham community. Volunteer opportunities for the 1996 PreCollege Program include working at the Lenox Beer Children's Hospital and Durham's community soup kitchen, tutoring and home rehabilitation.

In addition to PreCollege, TIP offers three summer educational programs including the Summer Residential Program, the International Program, and TIP Scientific Field Studies. Last summer, 133 students representing 29 states and six foreign countries attended TIP's PreCollege Program.

TIP is a nonprofit, educational organization designed to identify and develop academic talent. TIP is the largest program of its kind in the nation. Since 1980, more than 800,000 students from all parts of the world have taken part in a TIP



Karen DeCastro

program. The program receives support from student fees and donations from individuals, corporations and foundations. Parents and students interested in further information about PreCollege and TIP should contact the Duke University TIP office, telephone (919) 684-3847.

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FISH FRY FRIDAY

PBCC students named to Dean's List

The following Palm Beach Community College students have been named to the Dean's List for winter term 1996.

To be eligible for the Dean's List, a student must be enrolled full-time (a minimum of 12 semester hours) and earn a grade point average of 3.20 to 3.79.

The honorees include:

Belle Glade:
Melinda Jo Baker, Cherish Yvonne Burton, Travis A. Copeland, Troy Keith Crumbly, Percy Morin Davila, Bobbie Leigh Davis, Charney Anichlyn Davy, Dorothea Goodson, Tina Phillips Herring, Glenda M. Hooker, Theresa Burnam Jones, Lori Kay Lamb, Tara Makeia Lawrence, Nelson Lopez, Meira Maria Marin, Harold

South Bay:
Sheila Monique Lawrence, and Oswald Constantin Thomas.

Clewiston:
Philip R. Barton, Elizabeth Steadman Boykin, Adrian Thorne Dammis, Keri Lynn Hughes, Eliska Jeanene Mullins, Melissa Elaine Kantilal Patel, Mercedes Perdomo, Michael Neal Varnum, Queenie Annette Williams, Wreatha Rhodes Williams, and Francisco Xavier Zarzaluaqui.

Martin Miller, Theola L. Moore, Luna Nelson, Marie M. Petithomme, Shelia Sandra Robinson, Banny Abel Sanchez, Nael Shanti, Erin Christian Threlkeld, Samantha Torrence Wallace, Sharon Michelle Wetherington, and Kimberly Athena Woodley.

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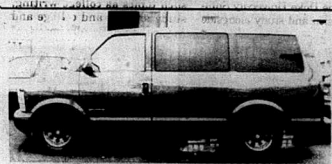
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Loaded, Dual A/C, 2 to choose from
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1994 CHEVROLET SILVERADO
\$16,495



1994 NISSAN PATHFINDER
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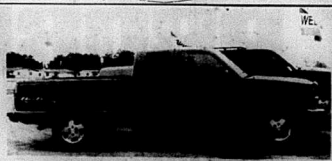
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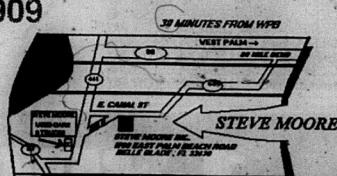
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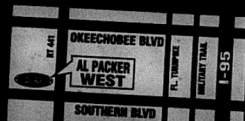
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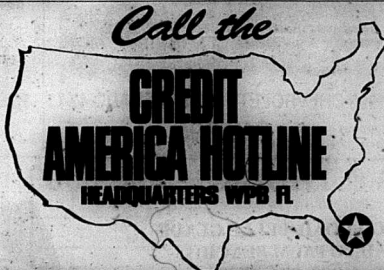
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\$235,000 grant/Historical Monument, continued from page 1

"We fixed up the gym and the kids have been using that for several years and we just finished fixing up the cafeteria, which will be used as a community center for banquets, weddings, receptions, and that kind of thing," said Schenck.

The School Board gave the old high school building to the City of Pahokee in 1987. They gave the whole complex to the city for the purpose of economic development.

The idea to materialize the old high school as the new city hall had been around about four or five years before the Charrette was established. It was one of the many concepts of what different things could be done to the old high school building that seemed most feasible.

Established in Jan. 1995 with ideas to enhance Pahokee, the Charrette made up of citizens, and local/county officials, was formed in an effort to formulate a master plan for the city.

In Aug. 1995 the Charrette

took the project under their wing by kicking off a mission to save their school. The Charrette held a clean-up day to make the school look presentable and also named the building the "Old Town Hall."

The original ideas were to just tear down the building and to put up a shopping center or something to that effect, but the City of Pahokee could never find developers willing to spend the money to do it. The city decided about five years ago to turn it into a community center, the complex itself - so that is what they are in the process of doing.

The idea is to eventually move city hall there.

"This is a good location for City Hall. It will allow the present site to become available for a hotel, and that's what we are hoping for," said Schenck.

Now that the city has the \$235,000 grant money, some of the steps the city will take, once getting contracts signed with the State, are to fix the roof, because

the roof is in bad shape; advertise for an architect, to make designs for the improvements to the building, and do a good structural examination of the building - the city has already had a preliminary examination of the building and there doesn't seem to be any problems.

"If we have enough money to paint it, we would like to paint it this year and kind of fix it up a little bit anyway, but that will depend on how much money we will have left though. Also, we will board up the windows," said Schenck.

"One question that has been asked is - Why would we want to move city hall into an old building instead of building a brand new one?"

The reason is because we can get grant money to fix up the old building, and there is no grant money available for building new buildings. Besides, the city cannot afford to build a new one," said Schenck.

The Old Pahokee High School

was used to house over 500 people during the 1928 Hurricane, making Old Town Hall an Historic Monument, to that time, in Florida's history.

The City of Pahokee applied to the State of Florida for Historic designation as an Historic Monument approximately six months ago, in Dec. 1995. The city received formal approval from the State last week, saying they were going to submit their approved application to the Federal Government.

Once the State submits the application to the Federal Government, and receives final approval from the Division of Archives, Old Town Hall will be added to the National Registry, declaring the building an Historic Monument.

"Normally if the State approves it, unless there is some really wild reason, the Federal Government will usually go along with the State's designation," said Schenck.

'Pelican River Project', continued from page 1

Ken Schenck.

Preliminary work done on the Pelican River included documentation on where the river is located.

When applying for a grant from the Community Foundation of Palm Beach and Martin Counties, each city must make a presentation stating what the city wants to do, and why.

"Every city that wants grant money make presentations to the Community Foundation, and they find valid projects depending on the amount of grant funds available," said Schenck.

The City of Pahokee submitted their application to the Community Foundation of Palm Beach and Martin Counties in Aug. 1995 and received notice they received the \$8,800 grant in Dec. of 1995.

Once the City of Pahokee received the grant from the Com-

munity Foundation, they hired Landscape Architect Emily O'Hanoney and Environmental Quality, Inc. out of Jupiter as the Environmental Consultant to put the project together, in conjunction with Vicki Silver, Senior County Planner for Palm Beach County.

"The group is looking at the project for the city, to determine whether or not this will be a viable project to pursue, and so far it is looking like it is," said Schenck. The group has been out there to look at the river and the mapping project has already started.

"We are meeting with some of the agencies who are involved, like the East Beach Drainage District who presently maintains and owns the Pelican River, although we haven't had the chance to meet with them yet," said Schenck.

Once the Pelican River is

mapped and the City of Pahokee can see what can be done, the next step will be to look at the easements, find out who owns the adjoining properties, make arrangements to obtain whatever property and get whatever easements the city needs to set up the project, if the city decides this is a viable project.

"Depending on how much it is going to cost, will decide where the city will go from there. There is some money from the State we can get to either purchase land or purchase easements to help set up the program, but that it on a competitive basis," added Schenck.

"The Pelican River Project will be something else for the residents and the tourists of Pahokee to do, to walk or bike along the river, canoe it, or something like that for recreation," said Schenck.

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